



# REWARD!

By taking simple steps to maintain and improve your health, you can earn up to \$900, or up to \$1,400 if you have a spouse or domestic partner enrolled.

Enclosed is a list of some of the activities you can complete to earn Visa or merchant gift cards.\*

**To view online, log in to myCigna, click the “My Health” tab and select “Incentive Awards” in the navigation bar.**

\* Please refer to the relevant merchant for terms and conditions which may apply to your receipt and use of any gift card. Gift cards may be considered taxable income. Please contact your tax advisor for details. Cigna is not responsible for lost or stolen gift cards.



Don't miss this important opportunity!  
Act before August 30, 2017.

**Important information inside.**

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**TAKE A FEW SMALL STEPS.**

**ENJOY A BIG REWARD.**

**Earn rewards with the MotivateMe Program.**



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# READY, SET ...

It's time to get motivated and start taking advantage of your opportunity to earn Visa or merchant gift cards with the Cigna MotivateMe Program®.

Actions to keep you healthy. Rewards to keep you motivated.

For employees: Four goals, up to \$900

For employees' spouses/domestic partners:  
Two goals, up to \$500

All activities must be completed by August 30, 2017.

Redeem all gift/debit cards by December 31, 2017.

# PREFERRED LOCALPLUS® HRA



Have questions? We're here to help 24/7.

Call 800.Cigna24 (800.244.6224).



## PREVENTIVE CARE AND HEALTH ASSESSMENT

### \$200

**GOAL:** Get a personalized health assessment at **myCigna.com**.

**DESCRIPTION:** A confidential questionnaire that asks you about your health and well-being, and provides a personalized assessment of your current health.

### \$250

available for  
employee and  
spouse

**GOAL:** Preventive Care Annual Visit

**DESCRIPTION:** A low- or no-cost preventive exam that's used to reinforce good health, and address potential and chronic problems.

OR

**GOAL:** OB/GYN Well Woman Exam

**DESCRIPTION:** A preventive exam that can identify early ovarian and cervical cancers, human papillomavirus (HPV), breast cancer and more.



## HEALTHY NUMBERS

### \$250

available for  
employee and  
spouse

**GOAL:** Get a personalized biometric health screening from your doctor or at a city-sponsored event.

**DESCRIPTION:** Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screenings.

If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at the number on the back of your Cigna card and we will work with you (and, if you wish, with your doctor).



## TELEPHONE HEALTH COACHING

### \$200

**GOAL:** Talk to a health coach – and make progress on a goal – at **855.246.1873**. All calls are confidential.

**DESCRIPTION:** Work with a trained health coach to set a personal health goal and make progress toward achieving it.

To get started, log in to **myCigna**, click the “My Health” tab and select “Incentive Awards” in the navigation bar.



**Not registered for myCigna yet?**

- › Go to **myCigna.com**
- › Click “Register Now”
- › Follow the instructions to complete the short online form
- › Click “Submit”